

“Sitting Disease” by the numbers

Our modern sedentary lifestyles,
both at home and in the workplace,
are costly for us and for our employers.



Average hours of seated commute
+ average hours of seated homelife = too much sitting!



A 2008 Vanderbilt University study of 6,300 people published in the *American Journal of Epidemiology* estimated that the average American spends 55% of waking time (7.7 hours per day) in sedentary behaviors such as sitting.

94% more likely to die

The 2010 *American Cancer Society* study published in the *American Journal of Epidemiology* followed 123,216 individuals (69,776 women and 53,440 men) from 1993–2006. The alarming results:

- Women who were inactive and sat over 6 hours a day were **94% more likely to die** during the time period studied than those who were physically active and sat less than 3 hours a day.
- Men who were inactive and sat over 6 hours daily were **48% more likely to die** than their standing counterparts.

Findings were independent of physical activity levels (the negative effects of sitting were just as strong in people who exercised regularly).

MEDICAL EXPERTS HAVE STARTED REFERRING TO LONG PERIODS OF PHYSICAL INACTIVITY AND ITS NEGATIVE CONSEQUENCES AS “SITTING DISEASE.”



A January 2010 *British Journal of Sports Medicine* article suggests that people who sit for long periods of time have an increased risk of disease.

In 2010 the University of Queensland, Australia, School of Population Health reported, “Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health.”

www.medscape.com/viewarticle/72534



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Full-Time Employees of Large Companies

Wish They Didn't Spend Most of Their Working Hours Sitting (Ipsos study)

67% of U.S. office workers wish their employers offered them desks that could be adjusted so they could work either seated or standing. (Ipsos study)



OVER HALF (~60%) OF EMPLOYEES SURVEYED WERE CONVINCED THEY WOULD BE MORE PRODUCTIVE IF THEY HAD THE OPTION TO WORK ON THEIR FEET. (Ipsos study)

Standing a little more each day tones muscles, improves posture, increases blood flow, ramps up metabolism and burns extra calories. Join the Uprising at www.juststand.org